

periods for hope

**SCHOOL
WORKSHOPS**



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About Us.



BACKGROUND

Periods For Hope (PFH) is a student-run NPO aimed at assisting vulnerable youth. PFH's primary objective is to empower adolescent girls and young women regarding sexual and reproductive health with a specific focus on menstruation and gender-based violence (GBV). PFH's secondary objective aims to overcome stigma and address cultural norms and beliefs that exist pertaining to menstruation, especially amongst adolescent males. These objectives are currently achieved through interventions executed at high schools located in areas within the Cape Metro and surrounding districts.

PROGRAMMES DELIVERED

There are currently four types of workshops, two for male learners and two for female learners – each are designed for younger (grades 8-9) and older (grades 10-11) age groups.

Girl Workshops

The workshop for older girl workshop centres on building self-esteem, reflecting on personal experience and encouraging body positivity. Interactive group discussions address the personal management of menstruation, experiences of gender-based violence and the effect on self-esteem and body perception.

Workshops conducted for younger female learners focus on gender physiology and sexual reproductive health. Focus is placed on the practical management of menstruation and the misconceptions of menstruation and gender are explored.

Boy Workshops

The activities for older male learners focuses on discussions about definitions of violence and reproductive health in the hope of exposing how discriminatory acts against menstruation can be seen as a form of violence. The workshops for younger male learners centre around defining and addressing gender vs biological sex. The problematic nature of gender conformity and sexual expectations that may negatively manifest into aggressive behaviours is also explored.

SANITARY KITS

PFH has developed a partnership with Alabaster Jar that involves the designing and producing of reusable sanitary kits for distribution to adolescent girls. These sanitary kits are distributed to girls during the workshops in which they are trained on the use thereof. These sanitary kits are reusable, designed for resource-strained settings and have proven effectivity in that the girls readily accept them.

IMPLEMENTATION

Periods For Hope have begun to implement workshops since the start of 2019. The PFH team aim to widen its reach to more schools and host workshops for grades 8 – 11. This is to ensure continuity and a greater impact on the menstrual cycles of their learners.

With the workshops, PFH hopes to donate reusable sanity kits to the schoolgirls. PFH does so because the team believes reusable sanitary kits are powerful tools in not only enabling young girls to manage their periods but also to take ownership of their own body.

THE ROLE OF SHAWCO HEALTH

Periods For Hope teamed up with medical students from UCT's SHAWCO Health to cover the medical side of the school workshops. This initiative was based on the need for accurate and informative sharing of medical knowledge. Accurate and reliable medical information is provided during the reproductive health session while Periods for Hope covers the management side of menstruation. The final part, stigma of menstruation, is facilitated with both SHAWCO Health and Periods For Hope.

Majority of our workshop volunteers are from SHAWCO Health as it is essential that when facilitating the group work, the female and male learners are provided with detailed and precise information.

ENSURING IMPACT

Periods For Hope has implemented a Monitoring and Evaluation system that monitors the effectiveness of our programs and sanitary kits. This system involves mixed methods (quantitative and qualitative approaches) facilitated through various surveys and data analysis.

During workshops, we hand out surveys for learners to fill out and then again, during a follow-up survey. This is done to ensure both female and male learners are being positively influenced by our workshops. Due to the nature of the follow-up surveys, we request that schools ensure these surveys are completed two - three weeks after the workshops. Thereafter, they will be collected by PFH at the school's convenience.

PROGRAM TEMPLATE

Girl Learners.

SUMMARY

- Divided into four parts; Educate, Participate, Involvement, Community (EPIC).
- The school grade divided into groups with a leader.
- The head facilitators speak at the front, alternating between each leader during the session.
- Depending on the grade size, 4-5 volunteers are needed.

PART ONE

EDUCATE

- Educating about the reproductive system and the management of periods.
- Awareness of sexual harassment and gender vs sex concepts.
- Discussion of self-esteem and self-acceptance.

PART TWO

PARTICIPATE

- Activities that allow learners to practice what they have learnt. This consists of;
 1. Labelling the reproductive system
 2. Writing letters to their periods.
 3. Learning how to track their period.
 4. Drawing their perception of their bodies and understanding how this can be distorted due to GBV.

PART THREE

INVOLVE

Learners are sent home with educational booklets (a summary of what they have learnt). They also receive sanitary kits and other donations related to menstruation and reproductive health.

PART FOUR

COMMUNITY

The aim is for learners to be able to take something home that allows them to spread the message. Brief reflection and anonymous question session or a writing session.

Sanitary Kits.

These kits are designed to be reusable and have been proven to be a successful solution for disadvantaged girls due to being more sustainable than a pad. A specific absorbent fabric is used to make the liners that can be washed (similar to how underwear is washed). There is also a shield in which the liners are inserted, replicating a pad. These pads last for between two and three years.

The sanitary kits consist of:

A resealable bag (to wash or place used liners in)

Six liners and two shields

Menstruation cycle tracker and instructions



THE SHIELD WITH LINER
INSERTED



THE LINERS



THE COMPONENTS OF THE SANITARY KIT



THE BAG THAT STORES THE LINERS
AND PADS

periods for hope

cycle tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MARCH																															
APRIL																															
MAY																															
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JULY																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

x = normal | o = light | + = heavy | s = spotting

Kits are handmade in Cape Town by Alabaster Jar
periodsforhope.org

THE TRACKER

PROGRAM TEMPLATE

Boy Learners.

SUMMARY

- Divided into four parts; Educate, Participate, Involve, Community (EPIC).
- The school grade is divided into groups, each with a PFH Discussion Facilitator
- PFH Committee members and Facilitators lead the session
- Depending on the grade size, 4-5 volunteers are needed.

PART ONE

EDUCATE

- Become familiar with the female reproductive system
- Explain how men can assist with period management.
- Discuss shared/common misconceptions.
- Shine light onto gender vs sex concepts.
- Increase awareness of the link between period poverty and GBV.

PART TWO

PARTICIPATE

- Activities that allow teenagers to practice what they have learnt. This consists of;
 1. Defining periods and violence.
 2. Understanding the female reproductive system.
 3. Answering scenarios that demonstrate the link between period, GBV and how men can assist girls.
 4. Unpacking gender roles and the consequences of gender expectations.

PART THREE

INVOLVE

Learners are sent home with educational booklets (a summary of what they have learnt).

PART FOUR

COMMUNITY

The aim is for learners to be able to take something home that allows them to spread the message. Brief reflection and anonymous question session or a writing session.



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